

2023 TCS New York City Marathon Itinerary

The big day is almost here! We're so grateful for all the hard work you've put into training and raising money for cancer research at MSK. With every dollar, you're making an impact that goes far beyond the finish line.

If you have any questions about race week, feel free to reach out. We're happy to help!

Contact Information

646-227-3885 or 800-876-7522

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Staff

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Social Media

We're covering all the excitement of race day, so tag us and use #FredTeam on anything you share so we can repost your amazing photos and videos.

Facebook: Fred's Team - MSKCC

Instagram: @fredsteammskcc

Instagram broadcast channel: [ig.me/j/AbYIc1l4ltnDG4-N/](https://www.instagram.com/broadcastchannel/ig.me/j/AbYIc1l4ltnDG4-N/)

X, formerly known as Twitter: @fredsteam

LinkedIn: Fred's Team

TikTok: @fredsteammskcc

Hashtags: #FredTeam #TCSNYCMarathon

Health and Safety Guidelines

Please review all New York Road Runners (NYRR) [health and safety guidelines here](#). Additionally, please review NYRR's [security measures here](#).

The safety of the Fred's Team runners is our priority. We will have an alert system in place in the unlikely event of an emergency that affects the TCS New York City Marathon. We will send you an email with more information about this system.

November 2–4

TCS New York City Marathon Expo

Jacob K. Javits Convention Center
11th Avenue at West 36th Street
Halls 3B, 3D, and 3E
Fred's Team Booth: 413

[Read about the expo here.](#)

Thursday, November 2: 10 a.m. to 8 p.m.
Last call for bib pickup: 7:30 p.m.

Friday, November 3: 10 a.m. to 8 p.m.
Last call for bib pickup: 7:30 p.m.

Saturday, November 4: 9 a.m. to 5 p.m.
Last call for bib pickup: 5 p.m.

How to Select Your Time Slot for Bib Pickup

You must sign in to your NYRR account, navigate to your dashboard, and click on Registered Events. You have until 4 p.m. ET on Saturday, November 4, to [register for bib pickup](#).

How to Pick Up Your Race Materials from NYRR

You must visit the expo in person to pick up your bib, shirt, and start village bag (this is the only bag allowed into Fort Wadsworth). You must bring a photo ID and your TCS New York City Marathon [confirmation form](#).

Bag Pre-Check

If you selected this option with NYRR, you'll receive the official pre-check bag at the TCS New York City Marathon Expo. No other bags will be accepted.

All pre-check bags need to be dropped off at Rumsey Playfield in Central Park on Friday, November 3, or Saturday, November 4, from 9 a.m. to 5 p.m. Runners will not be able to check a bag at the start on race morning and have it transported to the finish.

If you plan to come to the Fred's Team Finish Tent, you need to attach a pre-check bag tag to your official NYRR bag and check it correctly at baggage drop-off. This bag tag can be found in your bib packet. After the race, you will pick up your bag at the Fred's Team Finish Tent on 72nd Street between Central Park West and Columbus Avenue.

If you don't plan to visit the Fred's Team Finish Tent, do not attach the bag tag.

Stop by the Fred's Team Booth at 413

We'd love to meet you in person and thank you for all the hard work you've put into training and fundraising.

At the booth, you must pick up:

Start Tent Wristband: Available to the top 500 fundraisers, which includes all runners registered at the \$5,500 and \$7,500 fundraising levels. No wristbands will be available on race morning. On Monday, October 30, we'll select the top fundraisers, so you have until then to earn this great race-day benefit!

While you're here, you can also:

- Get your uniform or exchange it for a different size
- Pick up cheer items, including pom-poms and signs
- Drop off donation checks or make a gift (no cash gifts)

All gear earned through fundraising will be shipped to you after the TCS New York City Marathon. We will be in touch to confirm your mailing address.

November 4

Fred's Team Pre-Race Celebration

Lobby and Auditorium
Mortimer B. Zuckerman Research Center
417 E. 68th St.
New York City

Session Times

Morning Session: 10 a.m. to noon
Afternoon Session: 1 p.m. to 3 p.m.

Join us to celebrate your journey to the 2023 TCS New York City Marathon. Hear from MSK doctors and researchers, meet your teammates and coaches, take pictures at the photo booth, honor loved ones on the tribute wall, and more. Each runner may bring one guest. Please note that session availability is first come, first served. [RSVP now](#).

November 5

Race Day

Important: Daylight Saving Time Reminder

Clocks go back to Eastern Standard Time at 2 a.m. on Sunday, November 5.

Team Photo

5:30 a.m.

Meeting Location: the TKTS ticket stand beneath the red stairs on 47th Street between Broadway and 7th Avenue

There are over 1,000 Fred's Team runners taking on the TCS New York City Marathon this year. Be a part of the 2023 team photo in the heart of Times Square, and then board the Fred's Team buses.

Fred's Team Buses to the Start

5:45 a.m.: Boarding

6 a.m. *sharp*: Departure

*Approximately a 45-minute trip

Boarding Location: 48th Street (between Broadway and 8th Avenue)

Please note: The buses are for registered Fred's Team runners only. Friends and family are not permitted at the start in Staten Island.

Start

The staging area is at Fort Wadsworth on Staten Island. There are three start villages: pink, orange, and blue. The color of your race number indicates your start village. Water, Gatorade, coffee, tea, hot cocoa, bagels, and portable toilets will be available. The only bag allowed is the start village bag that you'll receive at the expo. [View the start map and read more about the start here.](#)

9:10 a.m.: Wave 1

9:45 a.m.: Wave 2

10:20 a.m.: Wave 3

10:55 a.m.: Wave 4

11:30 a.m.: Wave 5

Fred's Team Start Tent

The heated Fred's Team start tent is located in the blue start village. Water, Gatorade, coffee, tea, hot cocoa, and bagels will be available, in addition to private portable toilets. A wristband is required to gain entry.

We'd love to offer this perk to everyone, but space is limited. The tent is reserved for the top 500 fundraisers, which includes all runners registered at the \$5,500 and \$7,500 fundraising levels. Remaining spots will be awarded to runners based on both individual fundraising requirements and total raised.

If you are running as part of a team, here's how you can determine your fundraising total: Divide your total team gifts (this number can be found at the bottom of the roster on your team's page) by your number of team members, then add that amount to your individual fundraising total.

You have until Monday, October 30, to keep pushing for donations.

Course

[Learn more about the course](#) you'll be running through the five boroughs of New York City.

Finish

As you cross the finish line, be sure to look up and smile for an epic race photo! You'll then be handed your much-deserved medal, a post-race poncho, and a runner recovery bag. [Read more about the finish and post-finish here.](#)

Fred's Team Finish Tent

The Fred's Team Finish Tent is located on 72nd Street between Central Park West and Columbus Avenue. If you're stopping by, stay to the left to exit West Drive via Terrace Drive until you get to 72nd Street. Fred's Team volunteers will help direct you to the tent. Inside, you'll enjoy snacks, beverages, and tons of high fives. Exit the tent at 72nd Street and Columbus Avenue.

Post-Race Meeting Location

Before race day, decide on a location outside of the Fred's Team Finish Tent to meet your friends and family. If you are not planning to come to the tent, you will exit Central Park at West 77th Street.

[Family Reunion](#) is located on Central Park West between West 63rd Street and West 66th Street, with screening points for entry for friends and family on Columbus Avenue. Family Reunion will be open from noon to 6 p.m.

App and Runner Tracking

During the race, your supporters can track you using the TCS New York City Marathon App Powered by Tata Consultancy Services. [Read more about the free app here.](#)

Fred's Team Cheer Section

As you pass MSK at Mile 17 of the course (67th Street and 1st Avenue), look up and to your right for the Fred's Team banner on the side of the building. We'll also have a photographer stationed there, so get ready to strike a pose.

Invite your friends and family to join us at the Mile 17 Cheer Section! There will be pom-poms for them to use. Be sure to let your fans know about the street closures in this area.

Mile 17: 1st Avenue at 67th Street on the runners' right, next to the entrance of the Arnold and Marie Schwartz Cancer Research Building. [Share the Facebook event link.](#)

Please note: If fans plan to cross 1st Avenue after 10 a.m., they will need to do so below 59th Street.

We can't wait to cheer you on!

Frequently Asked Questions

Will everyone receive an official start village bag?

Yes, you will get a start village bag at the expo. You can only bring items that fit in this bag, and these items must be disposed of or taken with you when you run.

What clothes should I wear or take to the start village?

Bring a warm outer layer that you don't mind leaving behind. We suggest sweatpants, sweatshirts, hats, gloves, and scarves. Discarded clothes will be collected and donated. You can toss off these clothes right before you enter your corral.

What do I do at the start village?

You might have to wait a few hours before taking your start. Bring anything that you don't mind leaving behind, such as a portable charger, magazines, or games. You'll have access to water, Gatorade, coffee, tea, hot cocoa, and bagels. Portable toilets will also be available.

Can I start the race with someone who is assigned to a different corral and wave?

Yes, you can do so by going to the corral and wave corresponding to the higher of your bib numbers (which line ups farther from the start). There are three starts (pink, orange, and blue) in each of the five waves, and each wave has six corrals (A through F). Your start color, wave, and corral are indicated on your confirmation form and your race bib. Wave and corral assignments cannot be changed.

May I wear a hydration belt or carry a handheld water bottle on the course?

Runners will be permitted to wear fuel and hydration belts with bottles in the front or carry a handheld water bottle. Over-the-shoulder hydration backpacks are not allowed.

What will I receive once I cross the finish line?

You'll get your much-deserved medal, a post-race poncho, and a runner recovery bag.

After the race, how do I get to the Fred's Team Finish Tent?

The tent is located on 72nd Street between Central Park West and Columbus Avenue. If you're stopping by, you'll want to stay to the left to exit West Drive via Terrace Drive until you get to 72nd Street. Fred's Team volunteers will help direct you to this area.

After the race, where do I meet up with friends and family?

Before race day, decide on a meeting location. If you are not planning to come to the Fred's Team Finish Tent, you will exit Central Park at West 77th Street.